

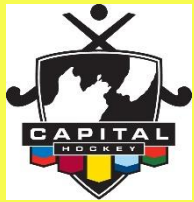
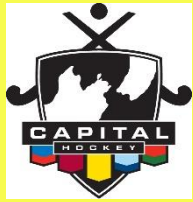


CAPITAL HOCKEY



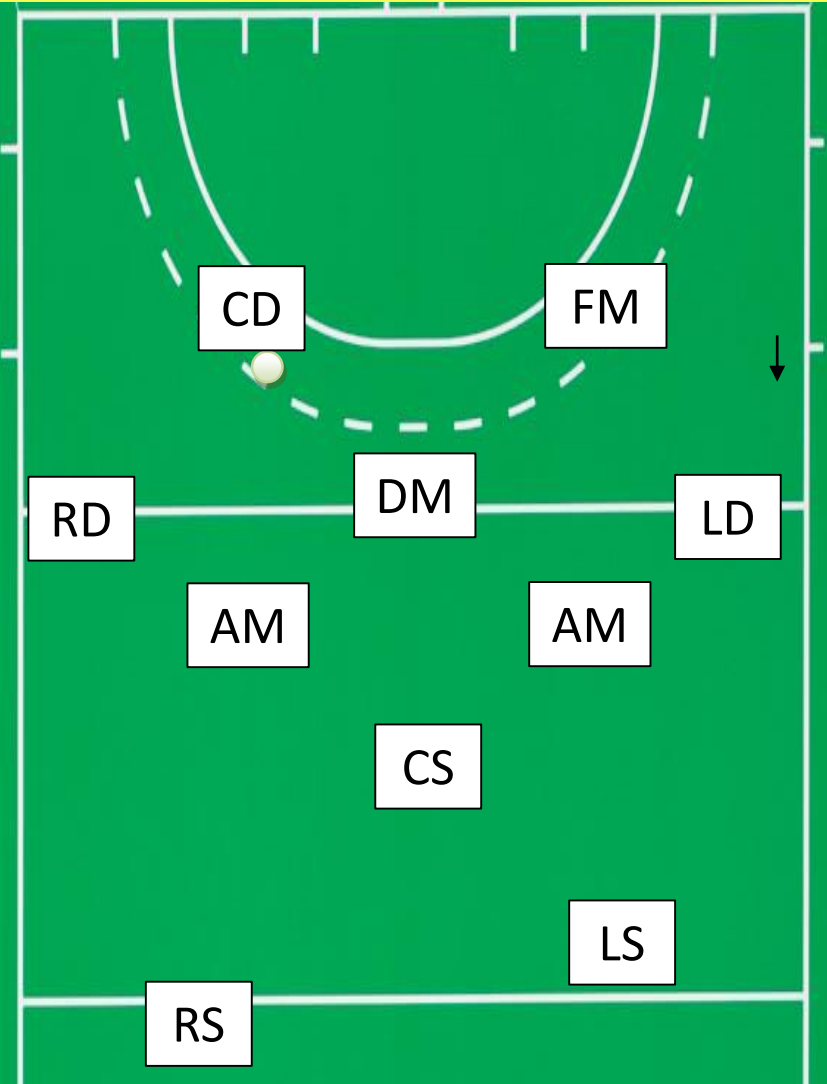
11-ASIDE 4:3:3 Outlet





CAPITAL HOCKEY:

Outlet Structure 4-3-3



4 Defenders at the back (RD, CD, FM & LD) plus one central hub (DM) working with CD & FM in triangle

RD & LD positioned on outside of opposition shape and looking to receive the ball beyond the height of the opposition striker

2 Attacking Midfielders (AM) provide height and width

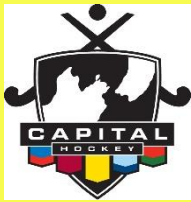
3 Strikers working as a unit with a deeper CS contact point and the RS & LS providing height and width



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Outlet Structure 4-3-3 cont

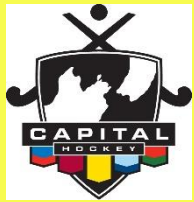
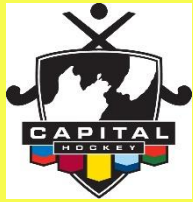
- Movement of the ball around the back to find space before launching forward
- Requires the ball speed to move faster than the opposition's ability to run laterally
- Requires defenders to recognise opposition shape and reposition themselves wider of the opposition striker line so they can receive the ball outside the opposition strikers
- Ball speed and mode of passing is very important
- Encourage long distance push pass between one pair of defenders for U13 age-group. Sweep can be used if accurate
- Extension – skip ball (ball which skips a defender in the movement around the back eg RD to FM or LD to CD. Becomes 2 passes instead of 3



CAPITAL HOCKEY:

Outlet Structure 4-3-3 cont

- Pre-scanning before you receive the ball so you know if you can receive open (without opposition pressure) or closed (with opposition pressure) and so you know where your next pass is going
- Slight positional readjustment backwards once you have made a pass to be a support pass if needed
- It is the role of the Right or Left Defender to tuck in when ball is not on their side of the field so as to provide cover defence (seesaw motion)
- Right and Left Defender must have an awareness of where the ball is as they must be wide if the ball is moving to their side or tucking in if moving to the other side
- In hockey we call the side the ball is on “Ball Side” and the side the ball is not on “Help Side”. It is called Help Side so that that players on the Help Side of the field can tuck in and protect the middle of the field

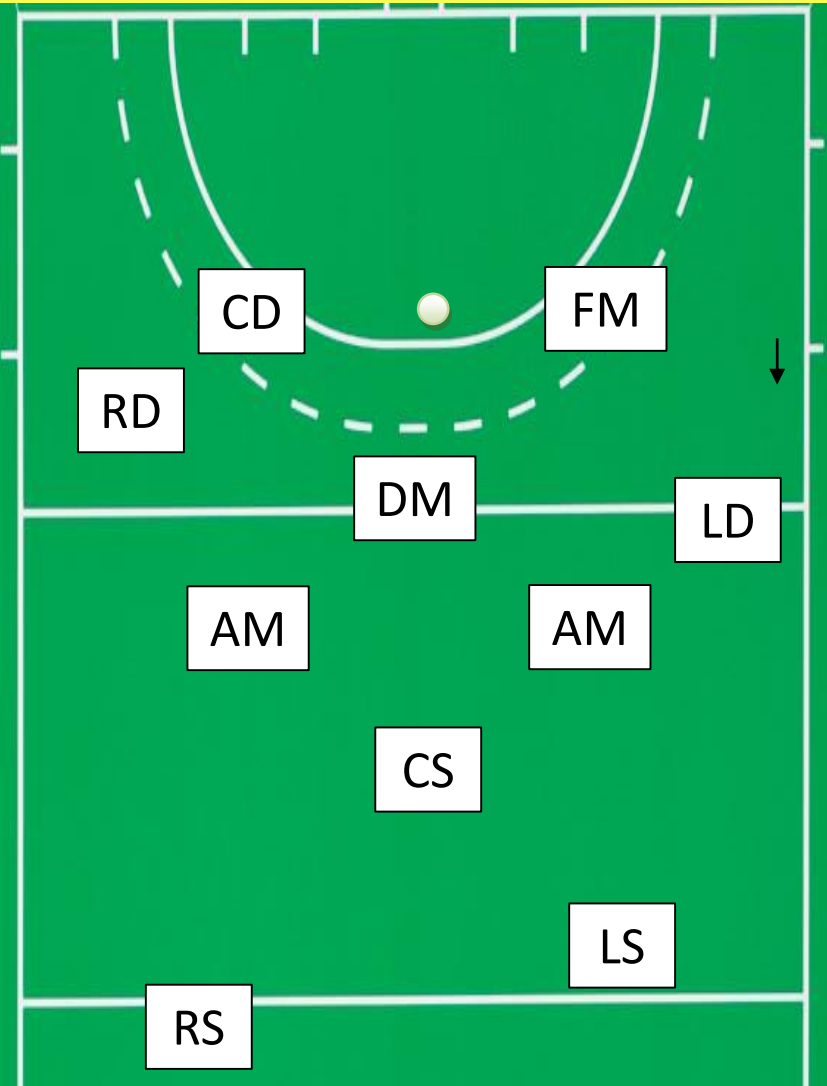


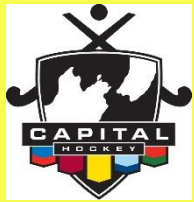
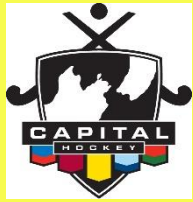
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Outlet Structure 4-3-3

Example of Tucking In:

RD has passed the ball to CD and CD has passed the ball to the FM and RD has started to tuck in slightly towards the middle in case the ball gets turned over by the opposition and there is a need to protect the goal quickly



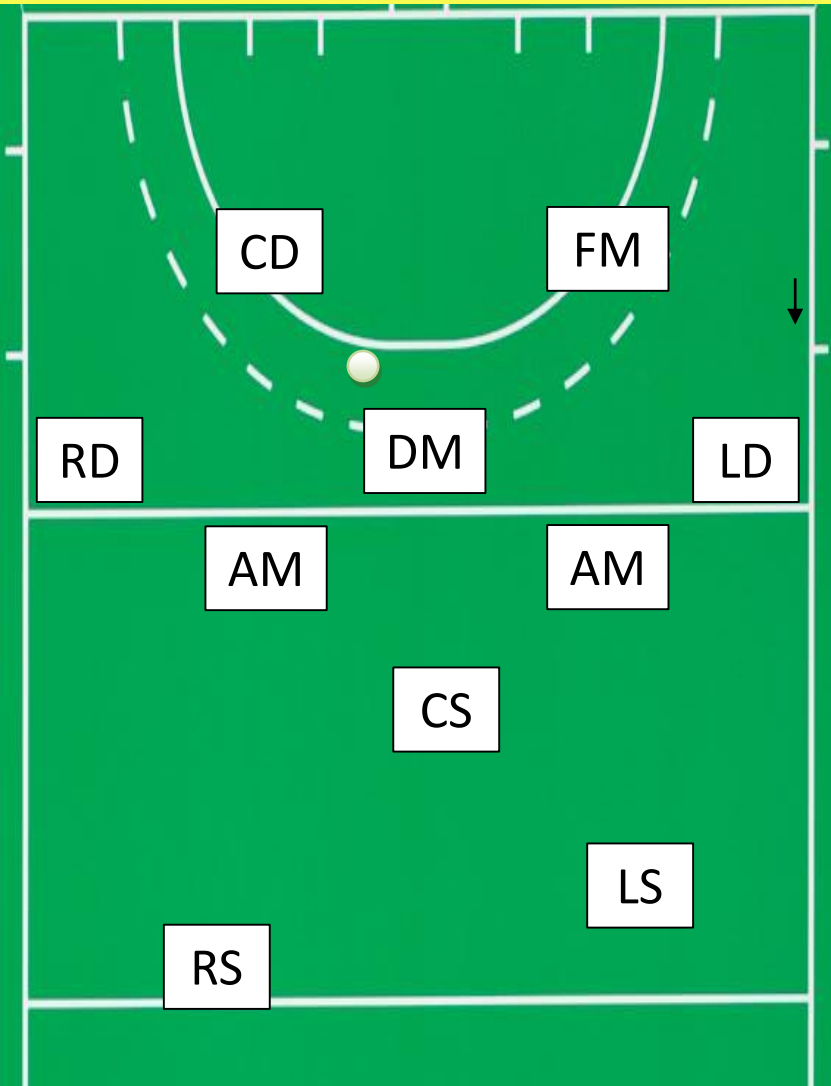


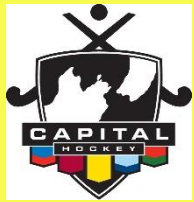
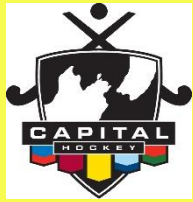
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Outlet Structure 4-3-3

- Example of a Skip Ball:

RD has skipped the pass to the CD and passed directly to the FM to quicken the transfer around the back



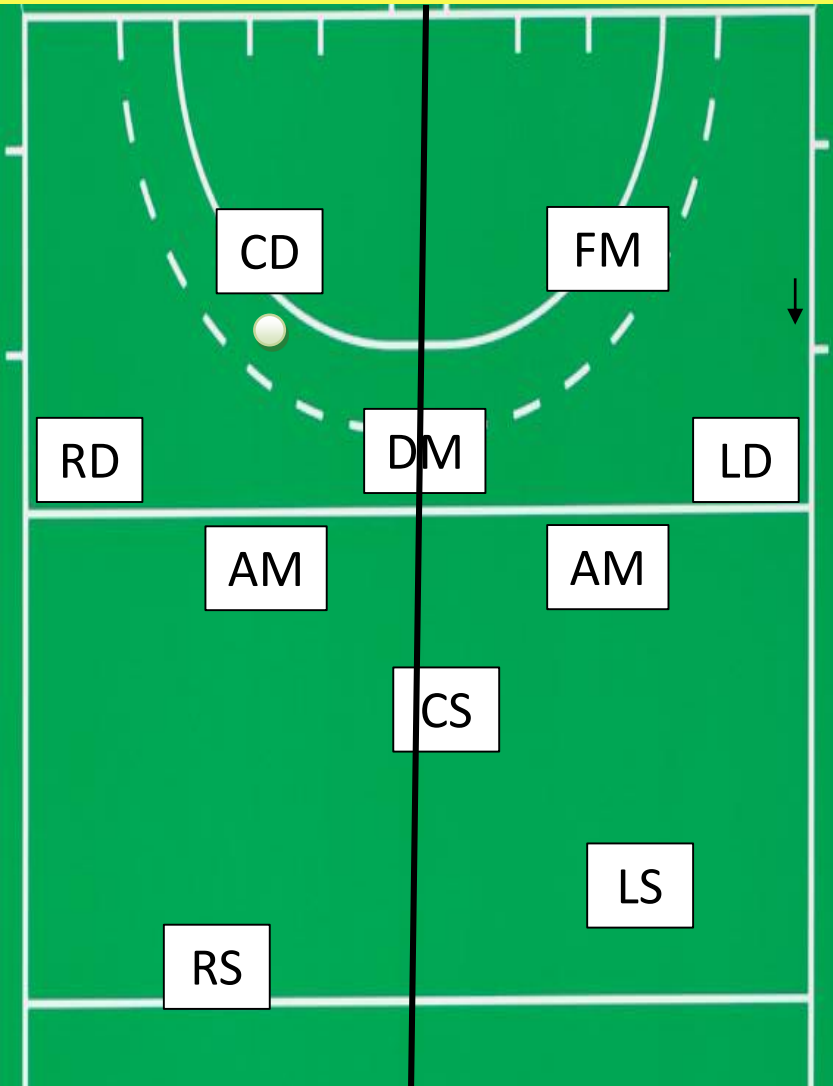


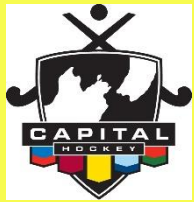
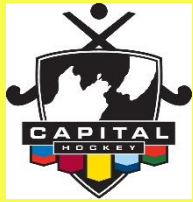
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- **Example of a Ball Side & Help Side:**

The CD has the ball, therefore the Ball Side is the Right Hand Side of the field and the Left hand side of the field is the Help Side.

If the CD passes the ball to the RD, the LD, AM and LS will tuck in to protect the middle if the ball is dispossessed.





CAPITAL HOCKEY:

Outlet Structure 4-3-3

Example of a Ball Side & Help Side:

If the CD passes the ball to the RD, the FM, LD, AM and LS will tuck in to protect the middle in case the ball is dispossessed.

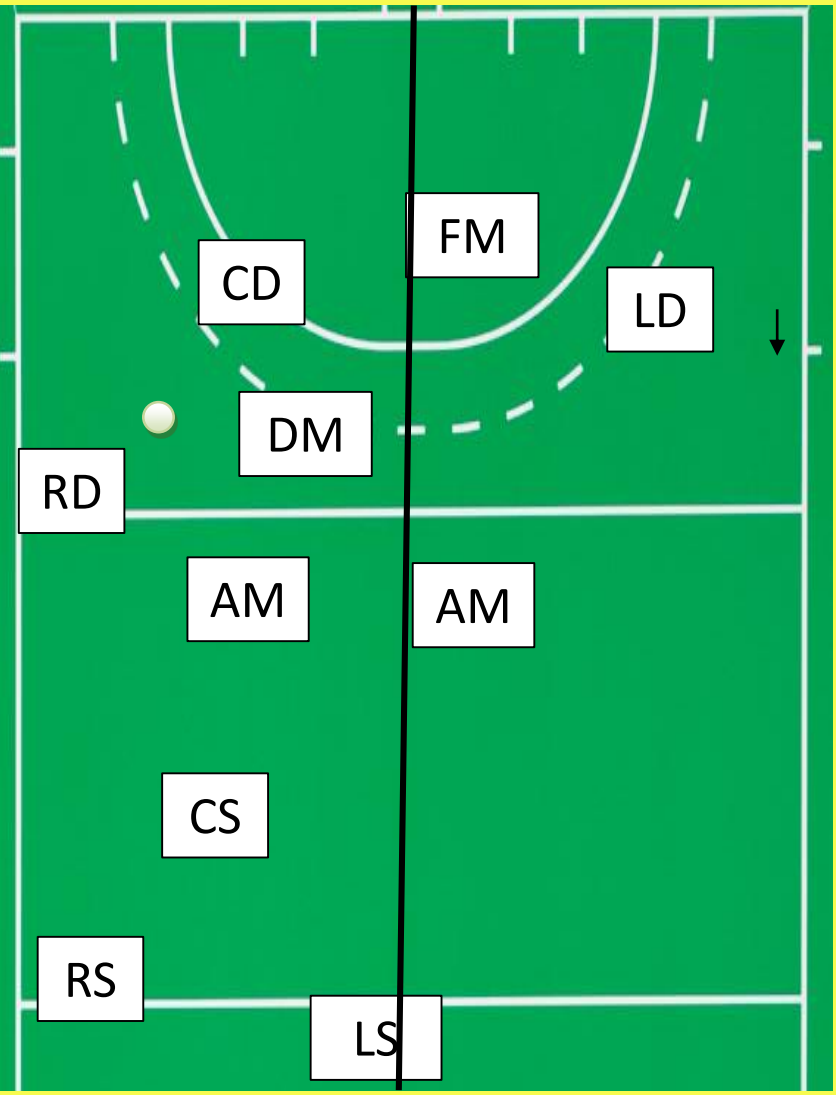
The DM moves over to the ball side to provide a support pass to the RD

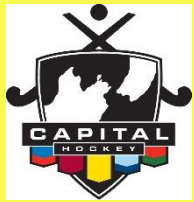
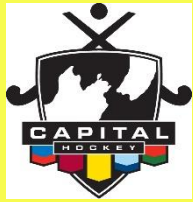
The AM on the ball side offers a support pass to the RD

The AM and the DM are a triangle passing option for the RD

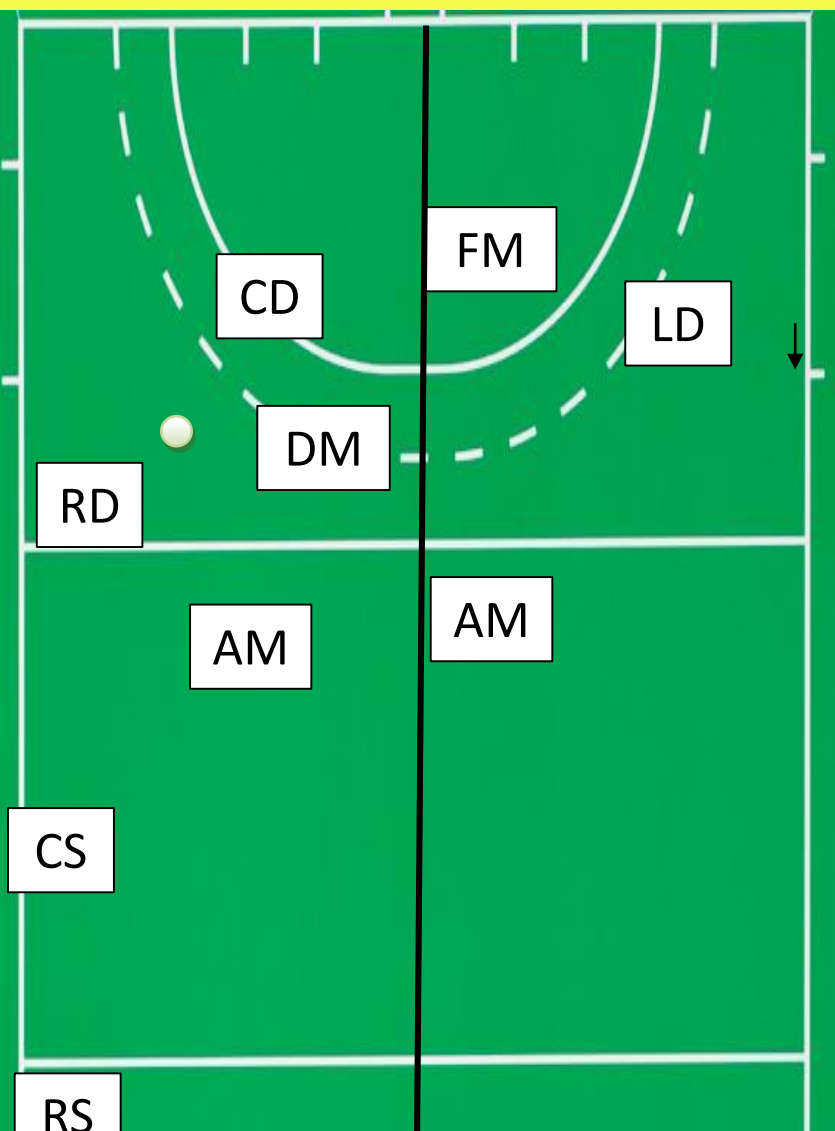
The RS moves up the line to receive a pass from the RD

If we retain possession and launch an attack down the right hand side, the LS is in a good position close to the opposition circle



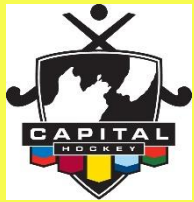
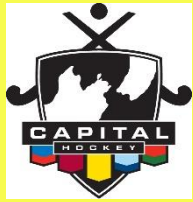


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Example of a Ball Side & Help Side:

A more attacking option has the CS receive the ball on the side-line, allowing the RS to move to an even greater attacking position on the baseline/T-spot and the LS to take up a position in the circle



CAPITAL HOCKEY: Outlet Structure 4-3-3

Example of a Ball Side & Help Side:

An even more attacking option has the AM on the ball side promote to receive the ball on the side-line, allowing the RS, CS & LS to take up more aggressive attacking positions up the field

